

Leon County Senior Gazette

April/May 2011

■ The bimonthly publication of the
Leon County Senior Outreach Program



■ Sponsored by the Tallahassee Senior Foundation

TALLAHASSEE
Senior Center & Foundation
FOR ACTIVE ADULTS



Lessons From Our Mothers and Our Children

With Mother's Day coming up May 8, some Senior Day participants from around the county share what they've learned from their mothers and from their children.

Jean Shields of Fort Braden says her parents taught her "what to do and what not to do, and how to be a better person." They taught her scripture when she was growing up and from that foundation, she and her husband reared their children in the church. "It's made a difference in my whole life and the people around me and my children," she says. "My husband's mother raised a good person, too. You can't leave that part out. If you do, then you've left out half or maybe three-quarters of the story."

"I learned all my cooking from my mother," Jean says. "She was a good cook. We cook the way she did: country cooking--a little of this and a little of that."

Bob Galloway of Woodville says about his mother, "She taught me manners, honesty, and good work habits. I am what I am today because of my mother and the Godly example

she set for me to follow."

"If ever my kids taught me anything, it has been that all the efforts we put forth to raise them paid off," he says. "I have learned that all the tuition bills for school were actually worth it because the quality education they received has resulted in them having good jobs."



Ruth Condo, who attends

Senior Days in Bradfordville, learned many skills from her mother, including cooking, baking, ironing, and embroidering, which her mother taught her when Ruth was quarantined with diphtheria as a little girl. "My mom would draw a picture--knife, fork, spoon--on a dish towel, and I would embroider it," she says.

Her mother taught her patience, kindness, and generosity. "I was a teenager during the Great Depression, and beggars would come to our door. We didn't have much, but she always gave something to everybody."

Ruth's children taught her unconditional love. She also learned that "they're smarter than I thought!" Most recently, she says, "I

(continued on page 2)

**Leon County
Senior Gazette**

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Lessons continued from page 1

learned from my youngest daughter that I ought to come up here to live." She was widowed and living alone in south Florida. "I moved up here sight unseen, and I love my place and have nice neighbors," she says.

Maxine Bussell says she and her husband Charles, who live near Chaires, "were taught to put God first and to do unto others as we want them to do to us." Both the Bussells' parents "taught us that life is not a free ride, but we need to work at making things happen for our own good and for those our lives touch."

**Strawberry Spinach Salad
with Easy Poppy Seed Dressing**

1/4 cup low-fat yogurt, preferably
Greek style
Zest and juice of one lemon
1 tablespoon granulated sugar or
sugar substitute
1 tablespoon poppy seeds
1 tablespoon olive oil
1 pound baby spinach
1 pint strawberries, quartered
2 tablespoons slivered almonds,
toasted (optional)



Mix together yogurt, zest, lemon juice, sugar (or sugar substitute), poppy seeds, and oil. Blend until well combined. Place spinach and strawberries in a large bowl and toss with dressing. Sprinkle with almonds and serve immediately. Makes 4 servings

CORRECTION: Thanks to Rose Glee for pointing out an omission in the ingredient list for the Sunshine Sweet Potatoes recipe in the February/March Gazette. It should have included 1/3 cup honey.

**Don't forget to bring a canned good to the
next Senior Day! Donations benefit the
food pantry at Elder Care Services.
Thanks for your generosity!**



Make Sure Your Charitable Donations Count

Earthquakes. Tsunamis. Hurricanes. Tornadoes. Landslides. Floods. Wildfires.

When tragedies strike, many Americans are moved to help by donating money to charities. Sadly, where there's money, there are also unscrupulous people who pretend to collect money for good works and then pocketing what they get. Here are some suggestions to make sure that your donated dollars go where you want them to.

Be on the lookout for these tactics used to separate you from your money:

- Using a phony name that sounds like a legitimate charity. (For example, North American Red Cross is fake; American Red Cross is real.)
- Offering a prize if you make a donation
- Insisting on cash only or on checks made out to a person instead of to an organization
- Applying high-pressure pitches that try to make you feel guilty if you don't contribute
- Claiming that 100% of donations go to the cause (Every legitimate charity has some overhead costs for administration and for raising money, so it's impossible to use all donations directly for the organization's work.)
- Sending an e-mail from an address that looks legitimate, and then asking you to donate via a generic email address (for example, @gmail.com or @yahoo.com)

Checking Out a Charity

You can call any branch of the Leon County Public Library and ask for the Reference Desk. They can look up charity ratings for you.

If you have Internet access:

Charity Navigator ranks charities from one star (poor) to four stars (exceptional), based on a detailed evaluation of the charity's finances (www.charitynavigator.org)

Better Business Bureau's charity page (www.bbb.org/us/charity)

American Institute of Philanthropy lists its top-rated charities by category (www.charitywatch.org)

Sources for this article:

"How Can I Tell if a Charity Is for Real?" (www.aarp.org/money/scams-fraud/info-08-2010/ask_sid_how_can_i_tell_if_a_charity_is_for_real.print.html)

"How to Spot a Bogus Charity" (www.volusia.org/sheriff/charity.htm)

"What To Do When A Charity Calls"

(www.charitynavigator.org/index.cfm/bay/content.view/catid/68/cpid/224.htm)

Do's and don'ts

+ *Do* select the charities you trust. You will feel less pressure to respond to requests from organizations you don't know.

+ *Do* the research to ensure that your money will be spent wisely (see "Checking Out a Charity" box)

+ *Do* ask anyone who asks you for a contribution to mail you information about their organization

+ *Do* doublecheck the organization's name and address. Sometimes scammers use names of genuine charities but ask you to send donations to a different address.

+ *Do* be suspicious of fund-raisers who say they're collecting money to distribute to other groups.

+ *Do* make all your donations with personal checks, which are safer than credit cards.

+ *Do* call the police or sheriff's office if an aggressive or suspicious fund-raiser comes to your door.

+ *Do* make sure that your donation is legally tax-deductible if that's important to you. You can check at www.irs.gov/app/pub-78.

- *Don't* give cash or your credit card or bank account number to people you don't know, whether they call you on the phone, come to your door, or send you a letter or e-mail.

- *Don't* give money to anyone who offers to send a courier to pick up your donation.

- *Don't* click on links in e-mails asking for donations. Even if the name looks like one you've given to previously, it may be fake, and you may end up with a computer virus. Instead, type the name of the charity into a search engine.

- *Don't* email any sensitive personal information, such as bank account number or credit card number, or Social Security number.

- *Don't* give your Social Security number to any fund-raiser. There's never any need for a charity to collect this information. If they ask for it, that might be a tip-off to fraud.



Leon County Senior Outreach

April/May 2011

Bradfordville

Bradfordville Senior Day: Wed, April 13 & May 11, 10:30 am - 12:30 pm. Wildwood Presbyterian Fellowship Hall, 100 Ox Bottom Road. Suggested \$6 lunch donation.

Historic Bradfordville Schoolhouse, 3439 Bannerman Road

Draw With Your Eyes, Paint With Your Heart: Wed, 1 - 4 pm, April 6 - May 11 (6 weeks). Skill level: beginning/intermediate. \$48 (55+); \$60 others. Registration required. Call 891-4016.

Beginning Acrylics and Mixed Media Acrylics: Fri, April 8 - May 13, 12:30 - 3:00 pm, \$48 (55+); \$60 others. Registration required. Call 891-4016.

Senior Fitness Beginners: Tues. & Thurs, 10:30 - 11:15 am. Suggested \$2 donation.

Senior Fitness Intermediate: Tues & Thurs, 11:30 am - 12:30 pm, Suggested \$2 donation.

Senior Fitness - Afternoon Class: Tues & Thurs, 1 - 2 pm. Suggested \$2 donation.

Social Bridge: Every Mon, 1 - 4 pm. Suggested \$1 donation.

Social Bridge II: Every Thurs, 2:30 - 4:45 pm. Suggested \$1 donation.

Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Senior Day: Tues, April 26 & May 24, 10:30 am - 12:30 pm. Suggested \$6 lunch donation.

Drawing and Painting Workshop: Wed, 1 - 3:30 pm, April 6 - May 11 (6 weeks). Skill level: beginning/intermediate. \$48 (55+); \$60 others. Registration required. Call 891-4016.

Senior Fitness Class: Mon, Wed & Fri, 9:15 - 10:15 am. Suggested \$2 donation.

Bollywood Fitness: Tues & Thurs, 9 - 10:00 am (no class April 12 - May 5), Suggested \$2 donation.

Fort Braden

Fort Braden Community Center, 16387 Blountstown Hwy.

Fort Braden Senior Day: Tues, April 19 & May 17, 10:30 am - 12:30 pm. Suggested \$6 lunch donation.

Beginning Painting with Oils & Acrylics: Thurs, 2 - 5:00 pm, April 7 - May 12 (6 weeks). Skill level: beginning. \$48 (55+), \$60 others. Registration required. Call 891-4016.

Senior Fitness Class: Mon & Wed, 10:30 - 11:30 am. Suggested \$2 donation.

Zumba Fitness: Mon, Tues, Wed, & Thurs, 6:30 - 7:30 pm. \$3 per class (under 55), \$2 per class (55+).

Miccosukee

Miccosukee Community Center, 13887 Moccasin Gap Road

Miccosukee Senior Day: Thurs, April 7 & May 5, 10:30 am - 12:30 pm. Suggested \$6 lunch donation.

Bus Trip to WalMart: Friday, April 1 & May 6, 10:00 am - 12:30 pm. \$2 round-trip.

Woodville

Woodville Community Center, 8000 Old Woodville Rd

Woodville Senior Day: Thurs, April 14 & May 12, 10:30 am - 12:30 pm. Suggested \$6 lunch donation.

Senior Fitness Class: Mon and Wed, 8:30 - 9:30 am. Suggested \$2 donation.

Zumba Fitness: Sat, 9 - 10 am. \$3 per class (under 55), \$2 per class (55+).

Calendar of Events



Call 891-4065 or 891-4033 for More Information

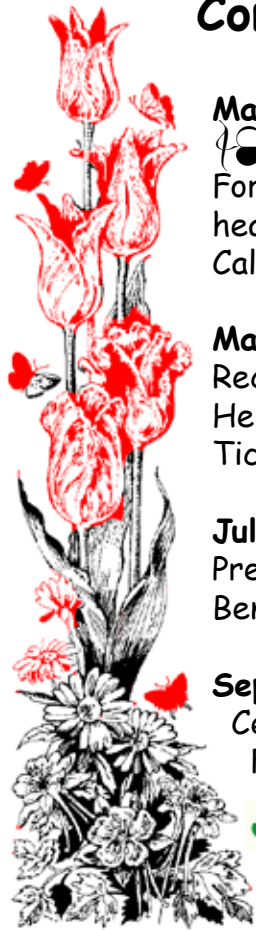
Grandparents as Parents (GaP)



GaP Support Lunch: Wed. April 27 & May 25, 11:30 am - 1 pm. Leon County Public Library, 200 W. Park Ave. Program Room A. Child care provided for summer months. No cost, but reservations are required. Call 891-4008.

GaP Spring Social: Sat, April 30, 11 am - 1 pm. Tom Brown Park. Come join the fun with lunch and games for the whole family at the annual Grandparents as Parents Spring Social. RESERVATIONS REQUIRED. Call Ashley 891-4008.

Call Ashley at 891-4008 if you would like more information or to RSVP for any events above. Thank you for making your reservations early. It helps us plan.

Coming Up . . .



May 14: USA Ballroom Dance Annual Black and White Charity Ball 
 Benefit for the Tallahassee Senior Center and Foundation
Formal to semi-formal attire. Dance lesson 6:30 - 7 pm; dancing 7:30 - 10:30 pm;
heavy hors d'oeuvres served starting at 7:15 pm. Tickets \$25
Call Karen Ashworth at 559-2424 or visit www.usadance6010.org

May 19: 10th Annual SILVER STARS ☆☆☆☆☆
Recognizing 2011 Silver Stars and Tallahassee Senior Center volunteers
Held at FSU's University Center Club. \$40 single, \$75 couple; \$360 table of 10
Tickets go on sale April 15. Call 891-4000

July 1: 3rd Annual Patriotic Concert - Celebrate America! 
Presented by the Tallahassee Community College Band
Benefits the Tallahassee Senior Center. \$5 adult ticket, children free

September 8 - 9: 13th Annual Active Living Expo 
Celebrating National Senior Center Month
For exhibitor or sponsorship information, call 891-4007

 **October 17 - 21: 2nd Annual LifeLong Learning EXtravaganza** 
Art, Parks, & Culture! Call 891-4007

Come Join the Fun!

Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Senior Day events as exhibitors. However, it is our policy not to endorse, recommend or favor any specific services or products. Attendance at our events does not constitute an endorsement from the Tallahassee Senior Foundation or the Leon County Senior Outreach program.



Can We Count on Your Support?

Please join the Tallahassee Senior Foundation today! Your contribution pays for programs and enhances services. Thanks for being a "key" to active, healthy aging in our community!

___ \$25 Senior (age 55 plus)	___ \$100 Friends Key Holder	___ \$1,000 Gold Key Holder
___ \$35 Friend (under age 55)	___ \$250 Bronze Key Holder	___ \$2,500 Platinum Key Holder
___ \$40 Senior Couple	___ \$500 Silver Key Holder	___ \$5,000 Diamond Key Holder
___ \$50 Non-Profit Organization		

___ ***Please dedicate my contribution directly to the Leon County Senior Outreach Program.***

Name: _____ Phone: _____

Address: _____

Make your check out to *Tallahassee Senior Foundation* and send it to:

Leon County Senior Outreach, 1400 N. Monroe Street, Tallahassee, FL 32303

Ask the Resource Coordinator



Q. My best friend is depressed. It's no wonder, because her only child and grandkids just moved far away, and both she and her husband have money problems and health problems. Is there a "one-stop shop" where she can get help with all these kinds of problems?

Yes there is. Your friend can call 2-1-1 Big Bend. Just call **211** or **617-6333**. The TTY (hearing/speech impaired) number is **921-4020**.

All calls are strictly confidential, and callers can remain anonymous. 2-1-1 Big Bend provides a free 24-hour hotline which offers both individual counseling and social service information. It helps callers find the programs that best suit their needs. The people who answer the organization's phones are trained thoroughly in accordance with nationally recognized professional standards.

Founded in 1970, 2-1-1 Big Bend is an independent, nonprofit organization that receives an average of 175 calls a day. About 20 percent of those calls come from people over 50. The United Way of the Big Bend is a main source of funding; other support comes from the City of Tallahassee, Leon County, Florida Department of Children and Families, Florida Department of Health, and private contributions.

2-1-1 Big Bend publishes the Community Resource Directory. The 2010-2011 edition is 500+ pages, with more than 1,000 listings for social service programs in the region. To purchase a copy, call **617-6301**. You can search the directory for free at www.211bigbend.org. Click on Search for Referrals, and you'll find a link to the Community Resource Directory, where you can search the directory by topic, provider, or keyword.

*Direct your questions about senior resources to the
Senior Resource Coordinator
at 891-4043 or seniorinformation@talgov.com*

Leon County Senior Outreach Program
Tallahassee Senior Foundation
1400 North Monroe Street
Tallahassee, Florida 32303

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Return Service Requested

Welcome to the bimonthly
Leon County Senior Gazette!

Look for this informative
newsletter every other month.

Don't forget to check the
calendar page inside to get
updated information on all
Leon County Senior Outreach
activities.

For more information, call
891-4065 or 891-4033, or
susan.davis@talgov.com.



**SPECIAL
SENIOR**

Vineva Payne



Vineva Payne makes it possible for others to attend Miccosukee Senior Days by giving them rides. Doing for others is at the heart of her philosophy of happiness.

"I don't wait for others to do something I can do, especially when I get such a great joy out of it," Vineva says. "I enjoy spending time with other elder people and helping in any way I can. Now, if you look around, most elder people are lonely and need assistance. Most have to see the doctor, go shopping, and pay their bills—and who would want to miss Senior Day? Who wouldn't want to spend time with and help such great people?"

Monticello is lucky to be Vineva's lifelong home. She started working in local cafes in the 1960s—the Lorico Restaurant and the Plaza, among others—and later worked in child care and elder care. One of her three sons—Walter Jr., an electrician—lives there too. Her twins, Alvin and Calvin, both served in the military, one in

the Army, one in the Air Force, and both live out of state. Vineva also has grandchildren and great-grandchildren.

"If more people enjoyed helping the elders, I think the world would be a better place—less to get into and so much to learn," Vineva says, her smile coming right through the telephone line. "God has been good to me and my family, and I take pleasure in giving back."